

TO SLIP AND SMOKE DOESN'T MEAN YOU FAILED



To quit smoking takes lots of practice. Sometimes you may slip.

If you smoke a cigarette, don't think you have become a smoker again. Look at why you smoked, why you decided not to smoke, and tell yourself you can do it again.

WHEN YOU WANT TO SMOKE...

- Take a drive or ride the bus.
- Read a romantic book.
- Wash the car.
- Write a letter.
- Brush your teeth.
- Sew or knit.
- Work on a hobby.
- Visit a neighbor.
- Go for a walk.
- Listen to music.
- Take a shower.
- Walk the dog.



**Remember, the need to smoke should
pass in 3 to 5 minutes.**

CDC
CENTERS FOR DISEASE CONTROL
AND PREVENTION

CONGRATULATIONS, YOU QUIT SMOKING!

We're proud of you! You quit smoking and helped your baby begin life smoke free! Here are some tips to keep you from smoking.

- Keep a calendar. Put a star by each day you don't smoke.
- Spend time with non-smokers who support you.
- Exercise.
- Drink lots of water and juices.
- Eat lots of fresh fruits.
- Ask family and friends to help you not to smoke again.
- Watch people who don't smoke. See what they do instead and copy them.
- Be prepared.; plan what you will do and say in places where you may be tempted to smoke,
- Be stronger.
- Remember why you quit smoking" Write down the reasons and put them on your refrigerator.

KEEP UP THE GOOD WORK!

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